

East Hampton Senior Center

105 Main Street-East Hampton, CT 06424

Phone: 860-267-4426 Fax: 860-267-7682

Hours of Operation: Monday-Thursday: 8:30am-4:00pm

Friday :9:00am-4:00pm

Website: www.easthamptonct.org

Email: seniorcenter@easthamptonct.gov



Volume 3 Issue 8

Newsletter Date:
August 2014

Senior Center CLUB

You are invited!! The Senior Center invites you to our very special monthly Club meeting on **Monday,**

August 4th at 1p.m. Suzette Christensen, Certified Reflexologist, will offer a demonstration re: Reflexology! Join us for **trip give-a-way and more!** Learn about the up-coming trips and activities

Decide if the Club wants to do a fall tag sale & sign-up for the **Annual Picnic at Sear's Park.** Sign-up at the front desk.

The East Hampton Village Lions will provide an Ice Cream Social for refreshments.

Remember...if you don't use it, you may loose it!....Dial-A-Ride...Senior programs...Travel trips...bus tickets and more ! Come One, Come All!

You are never too old to set another goal or to dream a new dream.

C.S. Lewis

Middlesex HomeCare will be present to provide its Regular Blood Pressure Clinic from 10:45- 12:00.

This is a good way to keep track of your Blood Pressure on a bi-monthly basis, 1st & 3rd Monday of the month, 8/4 & 8/18 No appt. necessary.

The East Hampton Super-Senior Heroes reigned in

the Old Home Day Parade! I want to thank all of you for contributing so much of your time and effort to our Super Hero Float. I watched the idea become alive and you took off flying! Thank-you!



You made a splash and an impact on our community! That's what our Super Senior Heroes do! *J. Ann*

The East Hampton Senior Center & St. Luke's Community Services are in need of Volunteers for three programs for the elderly:
Friendly Visitors, Friendly Shoppers & Friendly Drivers

Friendly Visitors: Without the stimulation provided by social interaction & friendship, an isolated elder can experience poor health, a lack of strength and energy, depression and other emotional or early onset mental health problems. Weekly or bi-weekly visits from a caring and devoted friendly visitor can help prevent this!

Friendly Shoppers: Many elders no longer drive or do not have anyone close by they can turn to for help with some simple tasks of daily living like grocery shopping. Friendly Shopper volunteers generally spend a couple of hours a week, or a few hours a month, picking up groceries, delivering them, and spending some time visiting.

Friendly Drivers: Physical limitations can make it difficult for many elders to get to out-of-area medical appointments. Also, some may be isolated and have no one to drive them. Elders who use the program must be self-mobile and self-transferring, if they wish to go with the volunteer shopping.

All of our volunteers are screened, trained, certified and bonded. All of St. Luke's volunteer services offered are in effort to diminish the risk of isolation and/or unnecessary institutionalization of an elderly person. Half day volunteer trainings are currently being scheduled for late summer & fall and so dates will soon be posted by Jo Ann Ewing, Senior Center Director.

Otherwise, for more information about our programs and the volunteer vetting process, please contact Eric Rodko, MSW, Acting Executive Director, at (860)999-1682 or eric@stlukeshome.org or Cassandra Aronson, BSW, Volunteer Programs Coordinator at (860)999-1683 or cassandra@stlukeshome.org

The Commission On Aging meets the 2nd Thursday of the month. Next mtg is August 14th at 3:00pm All are invited to attend. The Commission endorses volunteer opportunities like the St. Luke's and Senior Center. Your input at the COA helps assure these types of programs are offered to our elder community.. Please plan to attend. If you need transportation to this meeting please call the senior center for a ride.

Annual Picnic @ Sear's Park

Wednesday, August 27th.

10:30am-1:30

Jazz Band to perform @ 11am

Sponsored by Portland Rehab.

Please sign-up at the Sr. Ctr

Happy Birthday!

August babies! If you were born in August let us know! Come Celebrate your birthday at our **annual picnic** August 27th. We'll send you an invite to our Birthday Party. You will be our guest to lunch and enjoy cake and ice cream after. Have a friend you want to celebrate with you?

Wednesday,

**August 27th
@ 12:00p.m.**



"I thought a thought. But the thought I thought wasn't the thought I thought I thought. If the thought I thought I thought had been the thought I thought, I wouldn't have thought so

Build a Bear for people in Need!

Sojourn Bears on Wednesday mornings 10am

Sojourn Bears are for adult patients getting their first chemo treatment. We make smaller bears for children and others, too! Join the fun!

Blood Pressure

Clinic held the first Monday 10:45 to 12 noon. 8/4/14 +8/18/14. No appointment necessary. Sponsored by Middlesex Hospital and Homecare.



Genealogy Club: August 26th 10:00am
Sr. Ctr



ICE CREAM SOCIAL 1:30PM Monday August 4th

Summer Exercise

July 22nd-August 28th

Sit & Stretch Class is
offered Tuesday & Thursday
By video. No charge.

Coming Soon:

September is National Senior Center month: **Medicare 101 Seminar** Sept. 4th at 6:30pm at the East Hampton Senior Center sponsored by the East Hampton Commission on

Aging, presented by Senior Resources, An Area Agency On Aging.

September Club meeting sponsored by the Setback Players Kevin Johnson For Fun!

October: AARP Safe Driving Course
October 30th 9am-1pm

Open Art Studio:

Wednesdays

10:00am to 2:00pm.

If you are
interested in joining
this group
contact Dawn
Tyler on
Wednesday.



MUSCLES

FOR THE MIND



Monday

Aug 18th

**11:00AM (FEED
YOUR BRAIN)**

Movie Day:

**Monday August 18th @
1:00**

**A James Garner
Tribute!**



Square Dancing

Will meet every
Friday at 10am.
Please sign up at
the front desk.
\$3.00 per ses-
sion, please pay
the caller the day
of the event.



BINGO!!!

Bingo

Tuesdays at 1:00
PM. We offer a wide
variety of
Games.

Cash prizes and
food prizes available!
Play up to 5 cards!

BIBLE STUDY

1PM

TUESDAYS

New members
welcome



*Wednesdays, Board
Games 1pm
& Wii Bowling 2 pm.*

Dial-A-Ride: transportation is provided to the Town by Middletown Area Transit. If you no longer drive but want to "get places" pick up an application at the Senior Center.

Dial-A-Ride is available from 6:00-6:00pm Monday thru Friday & Saturday 8am- 5pm. Closed Sunday.

There is a \$2.00 charge for a one way trip (\$4.00per round trip).

For more information call the senior center or Dial-A-Ride @ MAT 860-347-3313.

Adopt-A-Senior Rider program is available to income eligible residents. This program is sponsored by the East Hampton Village Lions Club. They provide bus tickets at no cost to those eligible. See Jo Ann at the Center for more info.

REFLEXOLOGY certified Reflexologist Suzette Christensen Relaxation via hand and foot therapy. By appointment only. \$10.00 per 15 minute session Pay day of session. **Friday, August 22nd @ 10:00am**

Setback

12:30-
3:00pm.

Thursdays



NEW PROGRAMS:

Monday, Aug. 11h. The World Today,

Come join us to share in discussion about today's events. Listen to the dialogue and interesting views we share on common topics of the *World Today!* Please sign up in the activity book at the Center desk.

Board Games on Wednesdays; 1pm Join the group to play Scrabble, Skip-Bo or Phaze 10 or other games of your choice. Please sign-up at the desk. Wii Bowling at 2pm.

Women In Conversation meeting on Wednesdays @ 11A.M. A time lively discussions about life's concerns, dreams, and goals. Please let us know if you like to attend.

Contact Jo Ann 860-267-4426 or Diane @ 860-508-9719 for more information.

Counseling Services at the East Hampton Senior Center, Individual & Group Counseling available, by appointment. This service is provided in partnership with the East Hampton Youth and Family Services Department.

TRAVEL

Senior Bus Trip

Irving Berlin's Holiday Inn

Monday, November 24th Lunch at 11:30 Show @ 2:00pm Payment due at sign-up \$76.00 Deadline Oct. 6th

COACH TRIPS:

Christmas in the Amish Country 'Moses' Nov. 11-13, 2014 Lancaster, Pa. Sight and Sound Theatre & American Music Theatre Brochure at the Sr. Ctr. Cost:\$427pp/twin Deposit of \$150.00 by Aug. 11, 2014.Final Payment due: 9/15.

The Travel Committee will meet Thursday, August 28th @ 1pm. The committee welcomes new members. Discuss 2015 trip /travel options.

FUN TRIPS!

Harkness State Park, Tuesday, Aug. 5th 9:00am Bring a lunch and chair, enjoy the air, flowers and sea!

Cromwell Shopping, Friday, Aug. 8th. 12:30 to 3:30pm Choose a store or two, to get your shopping done.

Mystery Lunch + Dessert and Carriage Museum Tuesday Aug.12th Leave @ 10am. Cost \$8.00 lunch on your own!

Goff House: Thursday, Aug. 14th at 1:30 pm See a new exhibit: Tourism, Summer Lodges, and Camping in East Hampton which features photo's drawings, memorabilia and memories of East Hampton's thriving summer vacation locations. Then off to Abbez for a cool refreshment.

Portland Rehabilitation Picnic and Yale Spizzwinks Thursday, August 21st ,at 11:30am.

Annual Senior Picnic @ Sear's Park August 27th 10:30 am to 1:30pm. Transportation available. Jazz Band provided by Portland Rehabilitation & Healthcare. Sign-up at the senior center. \$3.00 person.

Goodspeed Thursday, August 28th 'Fiddler On the Roof'. 11:30am lunch 2:00pm show.

Epoch Arts; An "arts for youth" non-profit organization dedicated to helping young people learn to communicate, collaborate, create and celebrate by experiencing hands-on arts, located at 27 Skinner Street, East Hampton, is looking to expand their Friday home school program. We would like to offer a Thursday 1/2 day schedule for students 6th-12th grade. We are still in the process of developing this program but would like to begin it in October. We are looking to our community to find anyone who is interested in teaching, sharing a talent, etc. Education is so important and as our home school youth grow into their tween and teen years, our wish is to give them the best educational and artistic opportunities that we can.

Classes are 1 hour each. If you are interested in teaching and can spare an hour or two please contact Elizabeth Namen, Artistic Director, 860-267-2597 or elizabeth@epocharts.org.